

# Safeguarding Update



## 1. #UnderstandMe campaign

April 2018

Childline has launched a campaign to encourage young people to speak out and seek help for race and faith based bullying.

The campaign #UnderstandMe includes a short video; information on what young people can do if they have been stereotyped or discriminated against; a link to message boards to talk to other young people who have had similar experiences; and information on how to contact Childline counsellors for help and support.

**Link:** <https://childline.org.uk/info-advice/bullying-abuse-safety/your-rights/understand-me>

## 2. STEREOTYPES CAN MAKE YOU FEEL JUDGED

A stereotype is an assumption someone makes about you based on your race, religion, ethnicity, gender or sexuality, whether you're transgender or if you're d/Deaf or disabled.

If you've been affected by stereotypes, you might:

- experience discrimination or hate crime
- feel like you have to hide parts of your identity or background
- want to change how you look
- get bullied or hurt by someone else
- feel lonely or isolated
- have low self esteem.

**Link:** <https://childline.org.uk/get-support/>

## 3. WHAT ARE RACISM AND RACIAL BULLYING?

**Racism** is where someone thinks you're inferior because of your colour, ethnicity, nationality or race. This can result in them treating you differently or unfairly, this is called racial [discrimination](#).

**Racial bullying** is a type of racism where someone's bullying focuses on your race, ethnicity or culture. Racism and racial bullying are wrong and you can get help to make it stop.

Racism and racist bullying can include:

- being called racist names or being sent insulting messages or threats
- having your belongings damaged or having to see racist graffiti
- personal attacks, including violence or assault
- being left out, treated differently or excluded
- people making assumptions about you because of your colour, race or culture

being made to feel like you have to change how you look

- racist jokes, including jokes about your colour, nationality race or culture.

Racism can affect anyone. It can make you feel like you're not important or don't fit in. You might feel upset, depressed or angry. You can be affected by it even when it's not aimed at you, like if you hear someone discriminating against someone's culture

**Link:** <https://childline.org.uk/info-advice/bullying-abuse-safety/crime-law/racism-racial-bullying/>

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## 4. WHAT YOU CAN DO about bullying

If someone is calling you names, making you feel scared or treating you unfairly, you can get help to make this stop.

- **Walk away.**

If someone is being racist towards you right now, walk away to keep safe and don't retaliate or respond.

- **Tell someone what's happening.**

This could be your teacher, sports coach or your manager at work. Remember you can always ask to speak to someone's manager about racism, wherever you are.

- **Keep safe.**

Walk home from school or college with someone you know and keep your phone charged. Calling emergency services on 999 or Childline are both free calls.

- **Stay safe online.**

Change your privacy settings, report abuse on the site or app and block users who bully you or make discriminatory comments or threats.

- **Keep a record.**

Messages, videos or a diary of what's been happening can help when telling an adult or be used as evidence.

- **Keep telling.**

You may have to speak out more than once about racism or racial bullying. It's okay to tell someone else if you don't feel it's being taken seriously.

- **Find someone who will help.**

It can take time for bullying to stop. If you feel like a teacher doesn't want to help, you can speak to the head teacher. Each school should have an anti-bullying policy which is there to protect you. If your school doesn't help, you can tell the police.

- **Tell the police.** If you feel threatened or a crime has been committed. You can report to the police on 999 in an emergency or 101 at other times.

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Link: <https://childline.org.uk/info-advice/bullying-abuse-safety/crime-law/racism-racial-bullying/>